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DIABETES AWARENESS MONTH

LIVING WITH A DIABETES DIAGNOSIS

Glucose. Insulin. Type 1. Type 2. Diabetes. What does it all mean? For the [1 in 10 Americans](#) living with diabetes, it means managing blood sugar (glucose) levels. Whether you're just learning of a diabetes diagnosis or you've been living with diabetes for some time, careful [diabetes management](#) may make a world of difference.

HOW IS DIABETES DIAGNOSED?

The first step in diagnosing diabetes may be a blood test to help evaluate your current blood glucose level. Some doctors might also order a [glucose tolerance test or hemoglobin A1C test](#) to confirm the diagnosis.

WHAT MAY HAPPEN FOLLOWING A DIAGNOSIS?

Following a [diagnosis](#), your doctor may tell you that you need to monitor your blood glucose on a regular basis; that you may have to count carbs and track and balance what you eat and drink; and that depending on your individual circumstances, you may also have to ramp up your physical activity level.

ACCEPTING YOUR DIABETES DIAGNOSIS

After a diagnosis, you may feel a range of emotions. Consider taking it day-by-day and giving yourself some time to digest the information. It may be a learning curve. Here are some tips to help you cope:

- Lean on your health care team to help you create a program that meets your needs.
- Learn everything you can about your type of diabetes.
- Knowledge is power. Many resources may help you manage the disease, including [Diabetes Care and Education Specialists](#).
- There are support groups and online message boards and forums that may help you. There's a community of people likely dealing with the same frustrations and fears and challenges and concerns. Connecting with these resources may help so you don't feel alone.
- Ask friends and family to help you stay on track. Emotional support may be important.
- You can still eat a range of delicious foods. You may just need to keep sugar, fat and salt to a minimum.
- To help you control your portions, use the plate method: Fill half of your plate with non-starchy veggies, a quarter with lean protein and a quarter with healthy carbs.
- Find healthy ways to deal with any possible stress levels, or perhaps talk to a mental health provider to help you stay in touch with your emotions.

- If you smoke, [quit](#). Smoking makes it harder to control your diabetes.
- Maintain your weight.
- Make [exercise](#) fun. (If it's a positive part of your routine, you're more likely to stick with it.)
- Go in for regular checkups.

If you have been diagnosed with Type 1 or 2 Diabetes and are looking for support and tips for managing your diabetes download United Healthcare's [My Diabetes Toolkit](#) for support and tips.

If you have type 2 diabetes, you can learn how to manage it successfully with UHC's Diabetes Management Program. You'll get tools, tips and advice from a registered nurse who knows what it takes to live well with diabetes. Contact your Health Engagement Nurses at 614-525-6773 to learn more and enroll today.

With the help of technology, today's management tools and sticking to a treatment plan, those diagnosed with diabetes can live long, healthy, meaningful lives.

[Find A Doctor](#)



THE MILLIONAIRE CALCULATOR

PREPARING FOR RETIREMENT

One of the toughest questions facing workers across America is "How much do you need to retire?" [Americans with retirement accounts say there is a magic number, and it's a big figure: an average of \\$1.8 million.](#) The sooner you start saving for retirement and contributing to your retirement plan, the better.

- 1. Starting Early (In Your 20's):** Because of the advantage of time, prioritizing savings for retirement is important for individuals in their 20's. Even modest contributions outshine later ones.
- 2. Your 30's:** In your 30s, it's essential to increase your retirement savings and consider diversifying your investments. Build a relationship with a financial planner and adapt to family financial goals.
- 3. Your 40's:** This stage is characterized by a mid-career point with more earning potential. However, it's also when family expenses can increase. It's a good time to assess your retirement progress, consult with a financial planner, and consider your risk tolerance.
- 4. Your 50's:** Approaching retirement, prioritize debt repayment (e.g., cars, colleges, houses, credit cards) and maintain your retirement savings balance. Adjust your spending for fixed income readiness.
- 5. Your 60's:** At this point, retirement is on the horizon. It may be important to pay off remaining debts and consider downsizing your living arrangements. Remember, retirement doesn't have a fixed age.
- 6. Living on Retirement Income:** In retirement, managing a fixed income is challenging, so frugality is essential. While relaxation is key, excessive spending should be avoided.

So, have you ever wondered how long it would take you to become a millionaire? Well, wonder no longer. With Enrich tools like the Millionaire Calculator you can. To access a Certified Personal Financial Counselors, go to fccthriveon.com and click on [Wellness Hub](#) at the top of your dashboard.



THANK YOU VETERANS

HOW TO HONOR THOSE WHO SERVE

November 11th is a day set aside each year to honor those who have served and continue to serve our nation. Not to be confused with Memorial Day, the day we pay tribute to fallen service members.

HOW TO CELEBRATE VETERANS DAY

- **Support Veteran-Owned Businesses** - Veteran-owned businesses are in every community. Google makes it easier to find in their business profiles via their Google My Business profile. It usually signifies via a “Veteran-Led” note on the profile.
- **Visit a State Park or Museum** - Columbus is home to the country’s National Veterans Memorial and Museum which offers free admission on Veterans Day (11/11). It’s the only museum in America that honors veterans from all branches of service.
- **Send a Card or Video** - Start compiling a list of names and addresses of the Veterans you know and send them a thank you card this year. Continue building out your list and make a tradition of sending these out each year.
- **Organize a Care-Package Packing Party** - If you don’t know someone currently stationed overseas, contact a nearby base or an organization like [Blue Star Moms](#) to identify troops in need. Here are some ideas for [what deployed troops really want in their care packages](#).

A simple thank you goes a long way. Recognize those around you this Veterans Day, some are even your co-workers.



2024 OPEN ENROLLMENT IS APPROACHING!

NOVEMBER 16 THROUGH NOVEMBER 30

Open Enrollment Starts on **November 16, 2023!** Open Enrollment is your opportunity to confirm your benefit elections for next year. During this time, you may choose to change your health, life, and disability elections, enroll for Flexible Spending Account (FSA) coverage for 2024, and enroll in the NEW! Legal program.

Open Enrollment is considered optional! This means that your current benefit elections (except FSA) will be the same in 2024. However, if you do want to make changes, including enrolling in FSA or the NEW! Legal program, you may do so between November 16 and November 30, 2023.

The Benefits and Wellness Office will be hosting various informative Open Enrollment sessions, to be conducted virtually through Microsoft Teams. These event sessions offer an opportunity to gain comprehensive insights into the Open Enrollment process and the 2024 program.

Various live virtual presentations with specific topics covered in each are scheduled every work day (excluding holidays and weekends) during Open Enrollment. A member of the Franklin County Benefits & Wellness office will share an overview of Open Enrollment 2024 during each presentation and address any questions. Presentations include:

- **Open Enrollment (OE) & Your 2024 Benefits** – Attend if you want an all-inclusive presentation that includes everything you need to know about Open Enrollment as well as an overview of 2024 benefit changes. Covers your bundled Health Plan, Flexible Spending Accounts (FSA), and voluntary programs including the NEW! Legal program.
- **2024 Health Plan** – Attend for a more in-depth discussion about your 2024 bundled Health Plan (medical, behavioral health, prescription drug, dental, and vision) and 2024 benefit changes.
- **2024 FSA** – Attend to learn about the benefits of having a Flexible Spending Account (FSA), important IRS and Plan rules, and 2024 plan changes.
- **2024 Voluntary Programs** – Attend for a comprehensive overview of the NEW! Legal program, as well as a brief overview of the life and disability programs.

Click [HERE](#) to access the 2024 Open Enrollment Presentation Schedule!